

Understanding Stammering in Children

Sosalin Communication Services



Stammering can be worrying for parents to hear. But with the right approach, children who stammer can grow into confident, fluent communicators. Here's everything you need to know.

What Is Stammering?

Stammering (also called stuttering) is a speech disorder characterised by disruptions in the flow of speech, including repetitions (“b-b-ball”), prolongations (“sssssnake”), and blocks where the speaker gets “stuck.”

How Common Is Stammering?

Around 5% of children go through a period of stammering, most commonly between ages 2 and 5. For the majority — around 75–80% — it resolves naturally. For around 1% of the population, it persists into adulthood.

What Causes Stammering?

Stammering has a strong genetic component and tends to run in families. It is not caused by anxiety, trauma, or parenting. Emotional factors can influence how much a child stammers and how they feel about it.

What Can Parents Do?

- Give your child plenty of time to finish what they're saying
- Maintain natural eye contact and show interest in what they're saying
- Reduce time pressure — slow down your own speech slightly
- Avoid drawing attention to the stammer or asking them to “slow down”

When to Seek Help

Seek a referral if the stammer has persisted more than 6–12 months, is getting worse, your child shows signs of distress or avoidance, or there is a family history of persistent stammering.

Get in Touch

info@sosalin.com | 07388 940 466

66 Paul Street, London EC2A 4NA